

## Breastfeeding Mother of Infant at Nutritional Risk (AK 92 -USDA 601)

<b>Explain to Participant</b>	You're enrolled in the WIC program today because your breastfed baby may need special attention for any of the following reasons: Prematurity, low birth weight, small for gestational age, a medical condition, and/or failure to thrive. WIC provides you and your breastfed baby special attention as he/she grows.	
<b>Goal</b>	The goal is to try to eat healthy foods that will help your body support breastfeeding your baby. You will need to eat about an additional 500 Kcal/day and you will need more protein, calcium, and other vitamins and minerals. Making sure you eat right will help to make sure your baby is getting the best food he/she needs to grow.	
<b>Suggestions for Reducing Risk</b>	<p>Follow the recommendations of your health care provider.</p> <p>Eat a variety of foods from all the food groups every day.</p> <p>Choose fruits, vegetables, whole grains and low fat dairy foods.</p> <p>Ask your health care provider about exercise.</p> <p>Drink 8 glasses of water every day</p>	
<b>Nutrition Education Material Suggested</b>	<b>After You Deliver: Health Tips for Moms</b>	
<b>Explain Applicable WIC Foods</b>	<b>WIC Foods</b>	<b>Nutrients Provided</b>
	Milk	Calcium, Vitamin A, Protein
	Cheese	Calcium, Vitamin A, Protein
	Eggs	Protein
	Beans or Peanut Butter	Protein, Iron
	WIC Juice	Vitamin C
	Cereal	Iron
	Carrots	Vitamin A
	Tuna Fish	Protein
	Salmon	Calcium, Vitamin A, Protein
<b>Explain What the WIC Nutrients Can Do for You!</b>	<b>Calcium</b>	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
	<b>Iron</b>	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
	<b>Vitamin C</b>	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
	<b>Protein</b>	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
	<b>Vitamin A</b>	Helps keep your skin healthy and smooth. Helps you see at night.
<b>Materials with More Information</b>	<p>Nutrition and Breastfeeding</p> <p>Breastfeeding your Premature Baby</p>	